

Counselor's Corner: May 2021 - Mental Health Month



Yes, a whole month dedicated to mental health awareness! Did you know that in the U.S. we've been observing May as Mental Health Awareness Month since 1949? This is wonderful. Especially after the last year we've all endured. Our mental health has been pushed, patience stretched, and our resilience tested. Mental Health Month is a nice time to do some self-reflection and make time to care for our own wellness. Each year Mental Health America shares tools and resources to help support our wellbeing. This year's theme is #Tools2Thrive. And that is the goal. We don't just want to survive – we want to thrive!

The COVID-19 pandemic has affected so many people. Even people who had never experienced any type of mental illness prior, ended up facing some struggles in this area. It is time that we eliminate the stigma attached to mental illness and start working collectively to heal. Let's break down stigma so no one has to struggle in silence.

If you or a loved one are struggling, a good first step is to take a [Mental Health Screening](#). It's quick, easy, free, and confidential. This is a great way to assess your mental health and begin finding help.

Throughout the month of May, we want to remind everyone that mental illnesses are real, and help and support are available. Recovery is possible. Please take a moment to utilize some of the tools offered to help balance life's ups and downs. We can cope with the challenges.

For more information, visit www.mhanational.org/may.

Mental Health Facts:

- Mental illness affects millions of people in the U.S.
- 17% of youth aged 6-17 experience a mental health condition
- 1 in 5 U.S. adults experience a mental health condition each year.
- Mental health condition impact individuals from every culture, community, or background
- Communities of color face an added level of stigma and discrimination when seeking mental health care
- Sexual and gender minority individuals and people of color have less access to appropriate mental health services

* Facts provided by NAMI (National Alliance on Mental Illness)

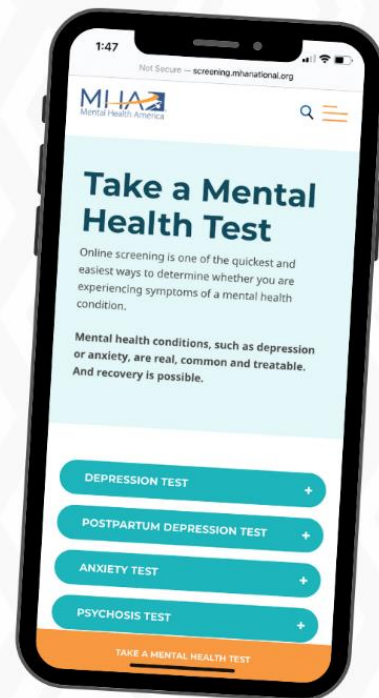
Mental Health Supports & Resources:

- King County Crisis Connection (24/7) 1-866-427-4747
- NAMI HelpLine (Mon – Fri, 10:00am – 8:00pm ET) 1-800-950-NAMI(6264)
- Washington Warmline (24/7) 1-877-500-9276
- Washington Listens (COVID-19 Support Hotline) 1-833-681-0211
- [Mental Health Screening Tool – online](#)
- [Stress Test Screening Tool - online](#)
- [Interactive Where To Get Help Tool](#)
- [31 Tips to Boost Your Mental Health](#)
- [MHA Tools 2 Thrive](#)
- [PODCAST: In the Open](#)
- [MHA BLOG](#)



**Screening is a tool
you can use as
you work on your
mental health.**

Visit mhascreening.org to
check your symptoms. It's
free, confidential, and
anonymous.



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